

## **Anidra Traineeship**

**Mentor for professional activities:** Prof. Valia Galdi

**Referee for transversal activities:** Giovanni Simonelli, employee of Anidagri srl

**Erasmus Trainee:** Elif Mutlu, Uludag University - Turkey

**Host Institute:** Università Popolare Anidra - Borzonasca (GE), Italy

**Period:** from the 21<sup>st</sup> of June 2017 to the 23<sup>rd</sup> of August 2017

**Number of Hours:** 413 h total; 185 h Professional Activities; 131 job-related skills; 98 h rota&jobs

## **Training Plan**

### **TARGET**

This training plan has as target the acquisition of technical and professional competences in the field of Architecture and Green Building. The path within the Anidra People's University envisages also the development of job-related/transversal skills through the inclusion of the trainee in the daily life of Centroanidra, Anidra Campus and Anidagri. The transversal nature of key competences makes them essential for future employment, social cohesion of young people, permanent source of learning in terms of adaptation and integration capabilities.

### **THE ANIDRA METHOD FOR THE EVALUATION OF COMPETENCES, NON-FORMAL AND INFORMAL LEARNING**

According to the EUROPEAN GUIDELINES for validating non-formal and informal learning of CEDEFOP<sup>1</sup>, validating non-formal and informal learning is increasingly seen as a way to improve lifelong and life wide learning. The informal learning results from daily activities related to work, relationship with staff members of Centroanidra, leisure activities, and participation to residential seminars of Università Popolare Anidra. The center of the validation process is the individual, and the impact of the traineeship on the individual. Sharing experiences and the full functioning of a community is a part of the development programme for trainees. The interaction between trainee's mentors and the teachers of Anidra, the immersion in a natural environment, and the immersion in a multicultural, multi-vocational environment, led to an alternative way of validation.

We herewith state that guidance, counseling and information about these systems and approaches have been provided; external observers participated to the training activities as external auditor and observers.

The vocational activities are both practical and theoretical. Theoretical activities involve the writing of daily reports: the trainee with the student's tutor of Anidra wrote this final essay about procedures, data and analysis.

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<sup>1</sup> European Centre for the Development of Vocational Training

**The evaluation of competences considers the use of the following factors:**

1. Direct observation by the Anidra and Anidagri mentor of the relationships and learning activities in order to obtain an evaluation of behaviors and their variability depending on the work context
2. Observational context, i.e. definition of the aspects that have been explored, preparation and organization in the most effective way to pursue the objectives of the researcher
3. The observer has assumed the role of guide and identified the subject to observe: aspects of character and skills acquired during the training

**Tools of validation:**

1. Observational table: set of behavioral descriptions related to specific reports, used to notice the phase of development skills
2. Q-Sort method: technique that uses a set of predefined item to evaluate specific aspects of conduct
3. Sociometric techniques: the indicator of social competence is the position occupied by the individual within the working group
4. Evidence, simulation, tests, final essay

## Final Essay

### Professional Activities (Referee Prof. Valia Galdi):

#### 1. Pilot project: Casa Di Paglia/Straw House

Straw house is in Centroanidra, around the green, around the mountain. Straw house has so many different things inside. Inside the straw house the architect used Feng Shui method. Feng Shui is an important method which is for humans body, humans soul. Feng Shui contributes to humans serenity. The furniture in straw house contributes to Feng Shui too. Also Straw house is a house which has nature. Nowadays sustainability is getting important for world and of course for future sustainability is so important and I thought that I have to learn about something about like these constructions. Also straw and the other materials like wood, they are really good materials for insulation. In summer house will be cold and in winter it will be hot more than normal houses. Also about water, dirty water is cleaned and it can use for plants. And straw house is using river's water. Also roof materials which name is solar panels, they are using sun for heating water. So straw house has nature materials and it is using natural resource. All of these things are more economic and more natural.

### Transversal Activities (Referee Giovanni Simonelli):

#### 2. Outdoor activities:

- 1) Corvée, washing dishes, drying dishes, cleaning tables and floor
- 2) Picking up flowers with Cristina



- 3) Helping cooking in the kitchen
- 4) Painting trees



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**5) Shabby**



**6) Digging ground and collecting soil and separate soil**



**7) Build up tents near the Dōjo**

**8) Cleaning bathroom**

**9) Cleaning bungalows**

**10) Preparing beds for guests**

**11) Picking bad plants in farm**





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**12) Watering plants**

**13) Collecting vegetables in farm**



**14) Measures straws and collect them**

**15) Separate straws according to their measures**



**16) Helps for walls putting straws**

**17) Helps pressing straws**

**18) Collect wood around the straw house**

**19) Cutting Strawbales**

**20) Transformation Sambuco**

**21) Transformation pears**

**22)Doing African dance with dance group**



**23)Doing Tai Chi**



**24)Fixing and cleaning chairs for wedding**





**3. Acquisition of key competences of European citizenship:**

**In this internship I did and learned so many things.** In 2 months I gained so many experiences. They are not about just architecture they are also about life. And they are so important for grow up. There are so many difficulties but also there are some happiness. And every difficulties taught me something. Also I learned so many things about people even about me. I realized so many things. I realized that how can I work with people, how can be team, how can I be team leader, how I have to behave to people, how can I focus on my job. Also I improved my languages. I met so many people from different countries.

**4. Learning and practice of the Italian language:**

Before I came here I went to Italian course but they are not the same of course when I came here it was so difficult to understand them. Because for me they were speaking so fast. But then after a while I noticed that I can understand. Also I had Italian lesson here and it helped me. I found chance to use Italian.

**5. Individual research:**

- 1)Feng Shui
- 2)Taoism
- 3)Straw house
- 4)Sketch up
- 5)Autocad
- 6)Photoshop
- 7)Dirty and clean water pipes
- 8)Rain garden

**6. Inclusion in the daily tasks of the circuit Centroanidra residents (rota&jobs, emergency management) in order to acquire soft skills:**

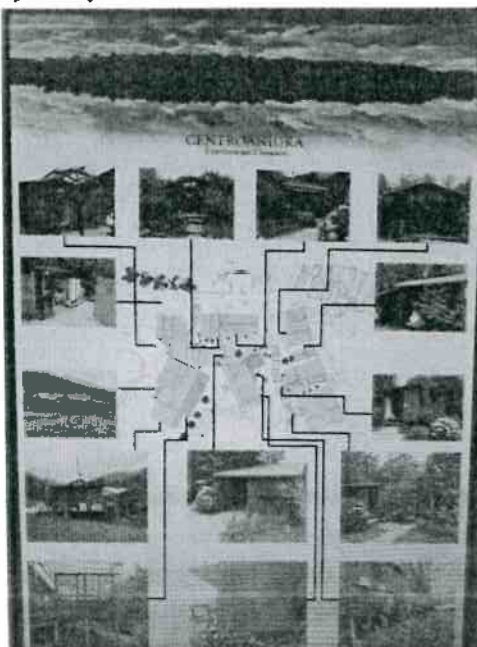
In this place I improved and learned so many skills. I did farming, cooking, drying dishes, washing dishes etc. And in these jobs I learned especially team works. Also I did my professional with another interns and I also learned how can I work with other people in my job. When I am doing a job that I don't know I tried to learn by myself and it became me grow up.

**7. Contact with professionals in the field of interest who provided to the trainees their knowledge:**

In Anidra I met engineers, architects in straw house. I found chance to work with them. When I was working with them, I learned so many things about straw house and general. They did a seminar about straw house, natural materials, sustainability constructions. Also they did a seminar in straw house and they discuss and talk about straw house some solutions and materials and drawings. Also we went to the Genova with Valia Galdi and interns. We met new people in Valia Galdi's buro. It was in Palazzo Ducale, Plain Green. When we went to the Genova I saw historical and architectural constructions. It is so important for architectural imagination. We had a course with Giovanni Simonelli. Because we have to be careful when we are in straw house, in construction.

**8. Performance of tasks and assignments that can be inserted in the CV:**

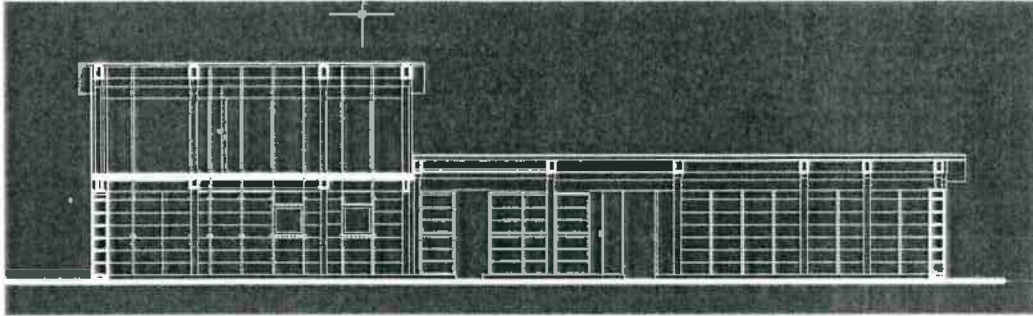
**1) Analyzes about the area**



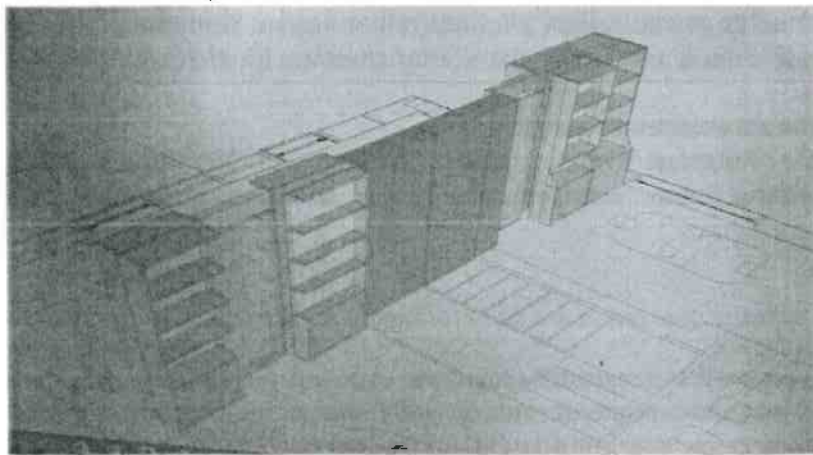




## 2) Drawing section



## 3) Design bookcase and door's system 2D and 3D



## Rota&Jobs (Referee Antonella Tarditi):

### Corvée:

- 1)Washing and drying dishes
- 2)Cleaning tables, chairs in Dojo
- 3)Cleaning bathroom
- 4)Transformation Sambuko and Fruits
- 5)Preparing beds for guest
- 6)Helping cooking

### Extra activities: visits to companies and workshops

We visited Palazzo Ducale, Plain Green. Valia Galdi showed us in buro natural materials, natural systems for insulation or transformation water. We visited to Genova and we saw architectural constructions. We had seminar in Centroanidra about straw house and about natural materials.

## KEY COMPETENCES

The trainee has acquired the eight key competences of the European Union framework:

### 1. Communication in mother tongue:

At first we were 2 Turkish people and then 2 people came too. So we were 4 Turkish people and we were speaking Turkish sometimes.

### 2. Communication in foreign languages:

We were speaking English with other interns and some volunteers and some people that know English. Except English I tried to speak Italian. We had Italian lesson. Sometimes I studied by myself, sometimes somebody helped me. In this place I improved my English and Italian.

### 3. Competences in math, science and technology:

In straw house there are different systems about insulation, foundation, water pipes, sustainable using and I learned them. I attended some lessons with engineer we did calculations about straw house.

### 4. Digital competences:

Before I came here, I didn't know that programs which are Autocad, Sketch up and Photoshop. I had to use them here and I learned commands and how do I use these programs. At first I was so slow when I am using these programs. But then I got fast. It is very useful for me.

### 5. Learning to learn:

In this place we have so many different jobs except professional. When I am doing these jobs I always tried to do my best. If I don't know or If I didn't do this job before at first I tried to understand by myself how can I do this job, how is going. If I couldn't understand I asked somebody and they helped me.

### 6. Interpersonal, intercultural and social competences, civic competence:

In Anidra there are so many volunteers and interns from different countries. So we have chance to meet each other and talk with each other. For example when we are talking we are asking to each other some words in our mother tongue. Basically we I learned good morning and good night in some other languages. Also before interns left they are using their traditional food. We are always communicating to each other and we are learning about our countries like educational things, foods. We invited each other to our countries.



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**7. Entrepreneurship:**

After 2 months I learned so many things about life and also about myself. I know that if I really want I can do everything. I think it's the same for every people. Just they have to find their power inside themselves. Sometimes you have to do your job by yourself even you don't know. You have to solve your some problems by yourself. We did so different jobs here and now I feel like I am able to do every job by myself or with team. It doesn't matter what is job or with who. Always I will try to do my best.

**8. Cultural expression:**

I know so many people from different countries. Especially from Italy! I tasted different foods, drinks. I travelled different places. I learned the cultures. Also In Anidra when we are talking with each other, with interns from different countries we introduces to each other our contries.

Borzonasca, li 23/8/2017

UNIVERSITÀ POPOLARE ANIDRA

THE PRESIDENT

Prof. Vincenzo Paolo Bendinelli

THE MENTOR

Arch. Valia Galdi

THE TRAINEE

Elif Mutlu



## PORTFOLIO OF WORKSHOPS AND LABS

### 21.06.2017 Wednesday - Mercoledì

I came here in the evening. I had dinner and I slept.

### 22.06.2017 Thursday - Giovedì

I had breakfast. It was my orientation day. Giulia and me wandered around centoanidra. Ayça and I cleaned the chairs and cleaned the floor for the wedding at Dojo. I had dinner and I slept.

### 23.06.2017 Friday - Venerdì

I had breakfast. Valia Galdi came centoanidra. She told something about Fengshui, Taoism, Yin and Yang. Then she went. We had lunch. After lunch Ayça and I searched on the Internet about Feng Shui, we looked presentations which was Valia gave us. We wrote notes. We had dinner. I dried dishes. I slept.

### 24.06.2017 Saturday - Sabato

I had breakfast. There were some guests in Centoanidra because it was weekend. We studied with Valia Galdi. She told us something about straw houses's foundation, walls, roofs, stove. She gave us homework. It was about analyzes Centoanidra. We had lunch. It was so crowded. After lunch Ayça and I did analyzes about Centoanidra for understanding straw house. We wandered everywhere and we took photos. After that I cleaned toilettes with Federica. Then I had dinner and I slept.

### 25.06.2017 Sunday-Domenica

I had breakfast. It was crowded too. After breakfast Ayça and I drew something about our analyzes on Autocad on computer. I didn't know Autocad very well, Ayça taught me some comands on Autocad. It takes time we cant draw so many things. Then we had lunch. After lunch we went to Dojo. We were preparing for wedding. We carried chairs another room and carried plates from car to room. We carried tables to garden. We had dinner and slept.

### 26.06.2017 Monday - Lunedì

Today I didn't have breakfast because I was late. I tried to draw something about analyzes on Autocad I tried to learn. When Ayça was drawing I watched her. After that we painted our analyzes on Photoshop. She teached me something about Photoshop too. We took photos and analyzes on Photoshop and we arranged them on paper on Photoshop. We cant finished. We had lunch. After lunch Ash, Ajab and me went to straw house. We collected the straw and we put them in plastic pockets. After that we looked construction and discussed something about construction. We measured coloums. We had dinner and we slept.



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#### 27.06.2017 Tuesday - Martedi

Breakfast. After breakfast Ayça and I studied our Works. Lunch. After lunch I dried dishes. Anna, Naya, Ajab, Asli, Ayça and me went to the waterfall for swim. It was so funny. After that Valia Galdi came centonanidra. Ajab and Asli showed her their works. Then Ayça and I showed. We couldnt finish but we showed. Then she told us we must finish. Dinner. Slept.

#### 28.06.2017 Wednesday - Mercoledì

Breakfast. After breakfast we prepared for go to Genova. Valia came for take us to go to Genova by car. The road takes 1 hour. At first we wandered around Genova by ourselves.(Ajab, Asli, Ayça, me) 11 to 14.30 we wandered and then we met with Valia at Palazzo Ducale, Plain Green. Valia showed us and told us walls, insulations, windows like these things. If the car hadnt broken, we would have gone to the apartment for understand feng shui. But we couldnt go. We wandered 2 hours more. Then Valia called us, we had to go back to centoanidra. At 6pm we leaved from Genova for go to centoanidra. At 7pm we were at centoanidra. Dinner. Slept.

#### 29.06.2017 Thursday - Giovedì

Breakfast. Ayça and I finished our works. Lunch. Asli and I cleaned confettis near the dojo's garden. It was so difficult. Dinner. After dinner I dried dishes. Slept.

#### 30.06.2017 Friday - Venerdì

Breakfast. After breakfast Asli and I cleaned the toilettes and after lunch we dried dishes. Dinner. Slept.

#### 01.07.2017 Saturday - Sabato

Breakfast. There were so many guests. We went our tent. Lunch. Dinner. After dinner I dried dishes. Slept.

#### 02.07.2017 Sunday - Domenica

Breakfast. After breakfast I dried dishes. There was a presentation about sustainabilty materials like straw, wood, land etc. Ayça, Ajab and me listened presentation and took notes. Lunch. Dinner. Slept.

#### 03.07.2017 Monday - Lunedì

Breakfast. Lunch. After lunch we had security presentation with Giovanni. Dinner. I dried dishes. Slept.

#### 04.07.2017 Tuesday - Martedi

Breakfast. Ayça and me studied about presentation. Lunch. I dried dishes. We, all interns, went to waterfall for swim. It was so funny. Ayça and me did farming. We sowed bean seeds. We picked off the wild weeds. Dinner. Slept.

#### 05.07.2017 Wednesday - Mercoledì

Breakfast. After breakfast Ayça, Ajab, Asli and me studied with Valia. Lunch. I made cakes with Ayça. Ayça and me studied italiano. Dinner. I dried dishes. Slept.



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06.07.2017 Thursday - Giovedì

Breakfast. After breakfast Ajab, Aslı, Ayça and I looked about diary, final essay, profil pass. Then I studied on Autocad. Lunch. I dried dishes after lunch. After lunch I did farming. Dinner. Slept.

07.07.2017 Friday - Venerdì

Breakfast. Studied on Autocad. Lunch. We went to the waterfall for swim. There were some guests who is group of African dance. We danced with them. Then I washed dishes and I dried dishes. Dinner. We watched a movie. Slept.

08.07.2017 Saturday - Sabato

Breakfast. I studied on Autocad. Lunch. After lunch Aslı and me, we did shabby. Dinner. Slept.

09.07.2017 Sunday - Domenica

Day off. We went Sestri Levante, Moneglia and Chiavari.

10.07.2017 Monday - Lunedì

Breakfast. After breakfast I did Shabby. Lunch. After lunch I continued doing Shabby. We met with Valia. Dinner. Slept.

